

One Pot Chicken Tomato Pasta

Serves: 2

Prep time: 15 minutes

Cook time: 30 minutes



2 ½ serves per portion

Ingredients

¼ cup ricotta, reduced fat
2 tablespoons parmesan cheese, finely grated
1 tablespoon olive oil
½ brown onion, diced
200g chicken breast, diced
1 garlic clove, finely diced
1 tablespoon tomato paste
½ cup sundried tomato strips
1 punnet cherry tomatoes
¾ cup penne pasta
½ cup basil leaves
Salt and pepper to taste

Method

WHISK together the ricotta, milk and parmesan cheese in a small bowl until smooth.
HEAT oil in a frypan over medium heat. Add onion and sauté for 3 minutes until softened.
ADD chicken and garlic and cook, stirring, for 2-3 minutes until chicken is sealed.
ADD the tomato paste, sundried tomato and cherry tomatoes to the pan and cook for 3-5 minutes.
POUR in stock and add pasta to pan, season with salt and pepper, and stir to combine.
BRING to the boil then reduce to a rapid simmer.
COOK for approximately 15 minutes or until the pasta is cooked, stirring often to prevent pasta from sticking. Add extra water if needed.
STIR in ricotta mixture then remove from heat.
GARNISH with basil leaves and serve.



Everyday Food

Recipe courtesy of the Country Kitchens team